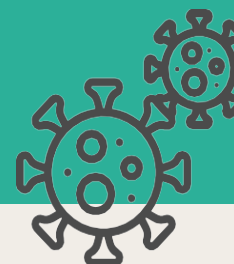


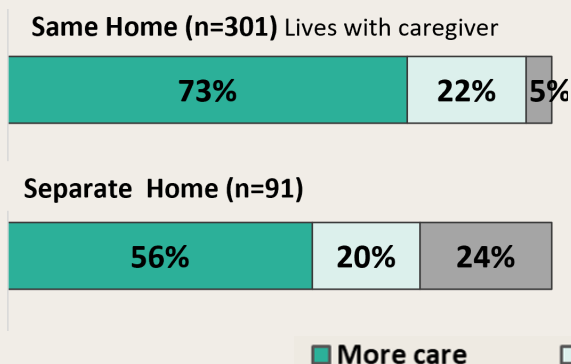
Alberta Family Caregivers:

Impacts of the COVID-19 Pandemic

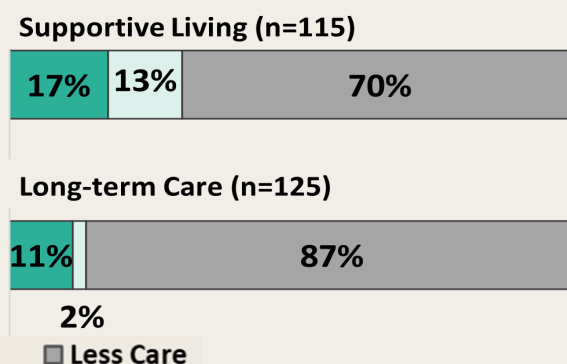


Family Caregiving in COVID-19: A Tale of Two Solitudes

Private homes: Overwhelmed by providing care



Congregate Care: Unable to provide care



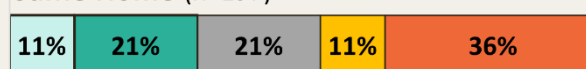
Caregiver's additional care work since the COVID-19 pandemic began



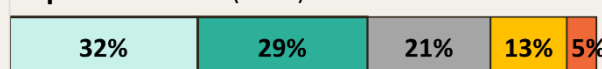
68% added 11 to 40+ hours a week in the same home.

39% added 11 to 40+ hours a week in the separate home

Same Home (n=197)



Separate Home (n=38)



Legend: ■ ≤ 5 hrs/wk ■ 6- 10 hrs/wk ■ 11-20 hrs/wk ■ 21- 39 hrs/wk ■ 40+ hrs/wk

Stress, Anxiety, Loneliness



57% Unable to take a break



79% Feel frustrated



68% Always thinking care



61% Trouble sleeping



78% are Anxious since COVID-19*
(State Anxiety Scale Tluczek)



86% are Lonely since COVID-19**
(DeJong Gierveld Loneliness Scale)

Negative Impacts on Health and Wellness During COVID-19

Physical Health Deteriorated



48%

Mental Health Deteriorated



58%

*Anxiety typically increases as care responsibilities and exhaustion increase. Anxiety and depression increase premature mortality rates by 76% as compared to those without anxiety. (See report for references)

**Loneliness carries the same health risk as smoking 15 cigarettes a day. Loneliness is twice as harmful to health as obesity is and the risk of premature mortality due to loneliness is as lethal as alcoholism.



UNIVERSITY OF ALBERTA
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Department of Family Medicine

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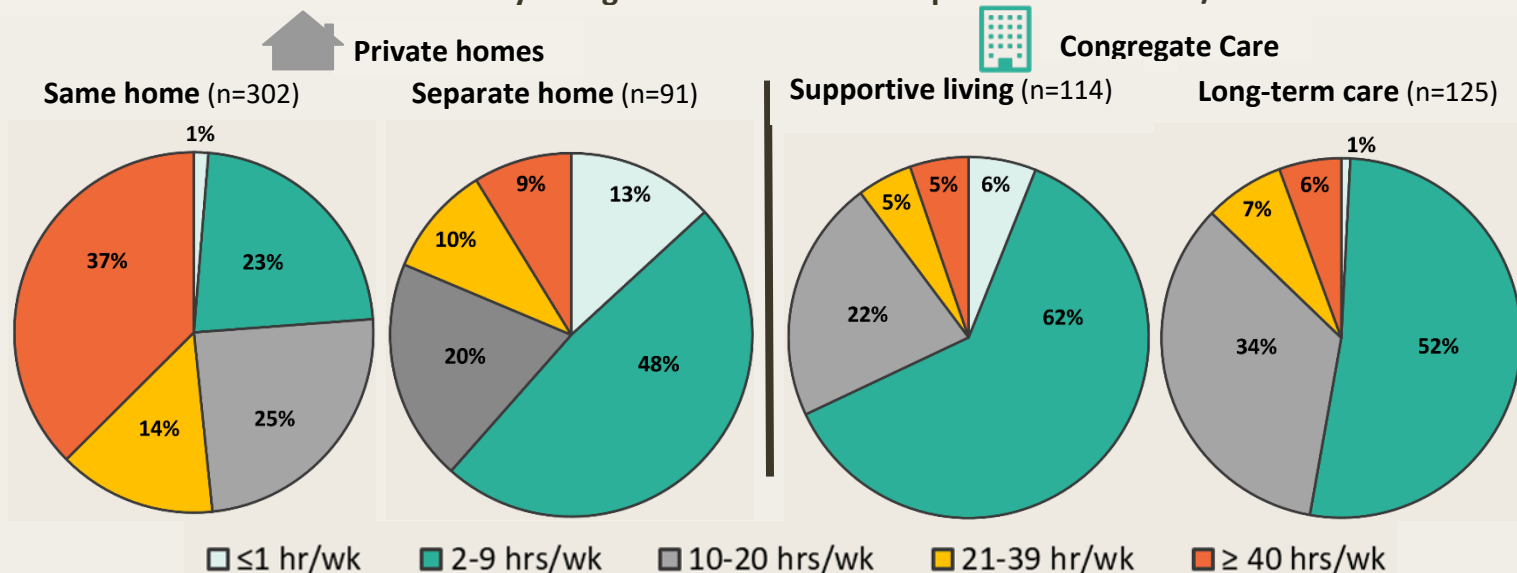
Sharon Anderson, Research Coordinator sdanders@ualberta.ca

Caring for many hours a week before the COVID-19 pandemic!

Pre-COVID-19: Hours of Care by Care Location

More than a full-time job: **37%** of Family Caregivers who live with the receiver provided 40+ hrs/wk of care

Substantive care in LTC: **34%** of Family Caregivers of LTC residents provided 10-20 hrs/wk of care



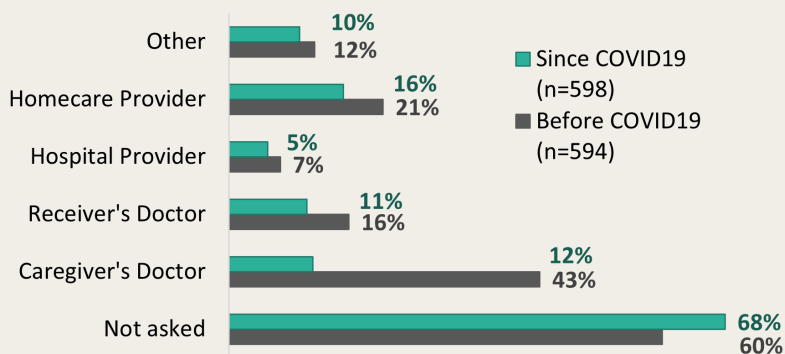
Are health providers asking caregivers about their caregiving situation?

43% Before COVID-19

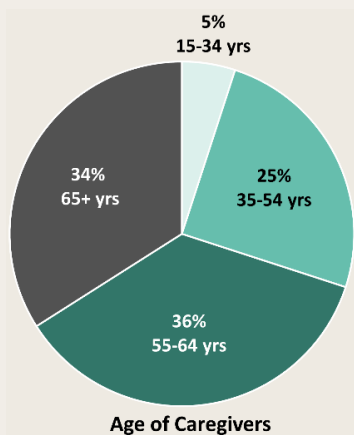
32% Since COVID-19 began

Who asked you about your caregiving*?

*identified from 1-7 providers

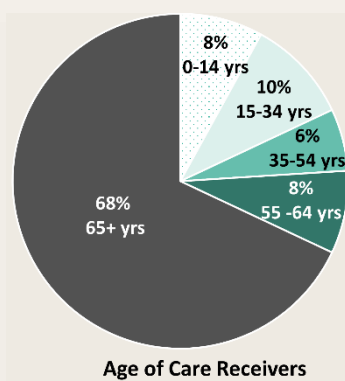


About this Survey



604 Family Caregivers participated

85% Women 14.6% Men 0.4% Other



3 in 10 cared for 2+ people
7 in 10 care for 1 person

All AHS ZONES

9% North
44% Edmonton
11% Central
28% Calgary
8% South

